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STARTING FRESH: CHALLENGING AUTISM WITH HEMI-SYNC®

by Anne Carpenter

Anne Carpenter was born in February 1957 with congenital rubella—a result of her mother’s illness during pregnancy. Cataracts were removed and a defective heart valve was repaired at an early age, though right ear nerve deafness persisted. She walked late, only began to talk at five, and related to others with difficulty. Life was a difficult puzzle. A number of unusual behavior patterns manifested: spinning in circles, flapping her hands, and making involuntary noises.

Despite these obstacles, Anne attended public school for most of her education (supplemented by a class for blind and partially-sighted children and a special school in Pennsylvania). Her mental and social skills improved with maturity, and she went on to achieve a master’s degree in library science. Now, although many of the old habits are gone, she still must live with autism. Anne is sharing how Hemi-Sync has eased her way in the hope of helping others.

Although many of my earlier problems with autism are gone, it now expresses itself in a different way. I am often anxious and compulsive (i.e., feeling a need to check the stove or doorknob several times to “make sure” everything is all right). My sleep cycle is irregular, and I often go to bed too late because I just don’t feel tired. This leads to oversleeping the next day. My part time job at the Autism Society of Michigan (ASM) requires that I get up early to be at work on time. So I wind up very tired and groggy as a result. Sometimes I become hyperactive and discharge excess energy and anxiety by jumping around and making noises when I’m alone at home.

Three years ago, when I was speaking at a workshop at the ASM office, a woman played a tape with beautiful music. When I asked what it was, she showed me the Hemi-Sync tape *Inner Journey*. My sleep over the next few nights was better than it had been in a long time. I was given a copy of that *METAMUSIC® ARTIST* tape as well as *METAMUSIC ARTIST Sleeping through the Rain*. Falling asleep became much easier and my anxiety level lessened. My fascination with the Hemi-Sync process grew, and two years ago I got a Monroe Institute Sustaining Membership as one of my birthday gifts. Of course, it has been renewed.

Since then, I’ve used Hemi-Sync frequently and regularly fall asleep when listening to the tapes. When the tape is over, I feel a clarity of mind and realize that my sleep was exceptionally refreshing. When using Hemi-Sync, I feel calmer—yet highly aware of everything. My hearing seems supersensitive. It’s easier to solve problems and come up with creative solutions. My attitude becomes more optimistic, as though things will really work out for the best.

Another outstanding effect I've noticed is "kabooms," or explosions of insight about how the brain might work or how things might be. The human brain has been a personal fascination of mine since a neurological Examination at age twelve. "Kabooms" are likeliest to occur late at night, when I usually listen to Hemi-Sync audiotapes or the *TimeOut for Sleep* CD. As a matter of fact, they may happen even on nights when I'm not using any of the tapes. It's as though my brain has a timer that starts on a regular schedule. Lately I've been using the *Miraculous Principle* (the spring 1996 quarterly tape). That triggered a series of "kabooms" and left me more energized for helping conduct a workshop in April. "Kabooms" are more frequent since I've been issuing the Plus-Flow Better Function Command* to myself throughout the day. This may also be related to working with the *Discovery* album from the *GATEWAY EXPERIENCE*®. I'm now up to tape 4. Sustaining the "kabooms" for longer periods of time allows me to suspend autistic behavior such as picking at my fingers and making involuntary mouth noises. Hemi-Sync is very beneficial, but there are instances when it is not as effective. Taking in caffeine, being very tired, and having PMS markedly interfere with its influence. And when HemiSync use is infrequent or irregular, my response diminishes over time.

Application of the Hemi-Sync process may not cure my autism, but a cure is irrelevant to me. We have not even scratched the surface of the brain's potential, and it's possible that that potential may be unlimited and infinite. Wouldn't that be wonderful? Rather than being disappointed at the lack of a cure for autism, let's focus on tapping into more of the brain's capacities. Maybe then autism—and other mental disorders—won't be such a problem. In a dissociative state, my autistic symptoms diminish. An imbalance between focused attention and disassociation may be a major obstacle to accessing our full abilities as human beings, as well as a factor in the repetition of destructive behavior patterns.

* Plus-Flow Better is the Function Command for HUMAN-PLUS *Brain: Repairs & Maintenance*. This exercise is designed to help you learn to improve the brain's bloodflow and chemical and electrical activity in order to think and act more clearly.

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